

O - Agility Partner Mirroring – U18 F

Key Points:

Quickly move without crossing over in a balanced position.

Description:

- Pylons are set up in a square.
- Partners face each other.
- One player move to the pylon and back to the middle.
- Partner mirror by moving to the same numbered pylon.
- Go 20" and switch.

https://youtu.be/BcC_4DZYesg

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160403094458200>

